

Components	High-Quality Instruction and Programs	A Healthy Physical Environment	A Supportive Social Environment	Community Partnerships
<p>Descriptions</p>	<p>Quality instruction provides students with a wide range of opportunities to learn, practise, and demonstrate knowledge and skills related to living a healthy life. Programs offered during the instructional day often lay the foundation for other activities done outside instructional time.</p> <p>Quality programs also include opportunities for teachers and school administrators to participate in professional learning opportunities.</p>	<p>A safe and healthy physical environment improves the conditions for learning. The physical environment includes the school building and grounds, routes to and from the school, and materials and equipment used in school programs.</p>	<p>A supportive social environment has a positive impact on students' learning. Many practices within a school foster such an environment. Students, teachers, and parents can benefit from the support provided, which may be formal (e.g., school policies, rules, clubs, or support groups) or informal (e.g., unstructured peer interaction or free play).</p>	<p>Community partnerships provide access to resources and services available to support staff, students, and families in the development and implementation of healthy schools initiatives. Various organizations can deliver services within the school setting, including public health.</p>
<p>Current Ministry of Education and Ministry of Health Promotion Initiatives</p>	<ul style="list-style-type: none"> ✓ Daily Physical Activity ✓ Specialist Teachers ✓ Swim to Survive Program 	<ul style="list-style-type: none"> ✓ Vending machines with healthy foods and beverages ✓ Anaphylaxis prevention ✓ Eat Smart Cafeteria program (MHP) 	<ul style="list-style-type: none"> ✓ Northern Fruit and Vegetable Pilot Program (MHP) ✓ Smoke Free Ontario (MHP) 	<ul style="list-style-type: none"> ✓ Community use of school facilities ✓ Active and Safe Routes to School (MHP)
<p>Health-Related Topics</p>				
<p>Healthy Eating</p>	<ul style="list-style-type: none"> • Establishing a school-wide healthy eating month • Coordinating the healthy eating lessons taught in each grade • Having teachers, school administrators, and student representatives attend a healthy eating conference 	<ul style="list-style-type: none"> • Establishing a healthy menu for the school lunch program • Purchasing a refrigerator for storing healthy food during the school day • Starting a school garden and planting fruits and vegetables in it 	<ul style="list-style-type: none"> • Developing healthy eating guidelines • Including healthy eating tips in each month's school newsletter • Offering a healthy lunch/snack program 	<ul style="list-style-type: none"> • Establishing a subcommittee of the school council to focus on making healthy foods and beverages a priority in the school • Offering a breakfast program in cooperation with the local grocery store • Having a public health nurse or dietician provide a lunch-and-learn session for staff and parents on packing healthy lunches and snacks
<p>Physical Activity</p>	<ul style="list-style-type: none"> • Providing staff training on physical activity during a professional development day • Developing class timetables that include daily physical education for all classes in the school • Providing programs that include a wide range of physical activities 	<ul style="list-style-type: none"> • Providing physical activity equipment for all classes to use outdoors during recess and lunch breaks • Converting an unused room in the school into a physical fitness centre • Purchasing bicycle racks and painting lines on the playground pavement for games (such as hopscotch) to promote an active lifestyle 	<ul style="list-style-type: none"> • Organizing intramural programs for the students • Training student leaders to lead other students in physical activities during breaks • Organizing school events that require physical activity (e.g., a fitness day) 	<ul style="list-style-type: none"> • Coordinating a "walking Wednesday" program with support from school staff, students, and community partners (e.g., a seniors' group) • Partnering with a local high school to offer a physical fitness club • Establishing a partnership with a local university to research the impact of the physical activity program on student achievement
<p>Bullying Prevention</p>	<ul style="list-style-type: none"> • Adopting a school-wide bullying prevention program • Embedding the program within the school improvement and Student Success planning processes • Purchasing new resources that meet the needs of the school 	<ul style="list-style-type: none"> • Making the playground a bully-free zone • Allocating supervision to high-risk areas of the school • Creating a mural to affirm the school as a bully-free zone 	<ul style="list-style-type: none"> • Establishing a diversity club to provide students with an opportunity to discuss ways to make all students feel welcome in the school • Creating a process whereby all students can feel safe reporting bullying incidents • Hosting an event for staff and board officials to celebrate students' artistic presentations of bullying prevention messages 	<ul style="list-style-type: none"> • Partnering with the local youth centre to provide programs in conflict resolution and development of self-esteem • Providing training on bullying prevention to parents at the school council meeting • Coordinating community volunteers as mentors for students

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Personal Safety and Injury Prevention	<ul style="list-style-type: none"> Coordinating a school-wide presentation on water safety Planning monthly safety presentations to address specific issues throughout the year (e.g., water safety in May) Having students write and perform skits about safe practices to encourage them to use safe practices Providing coop students with training on workplace safety 	<ul style="list-style-type: none"> Inspecting facilities and equipment for safety. Highlighting safe practices by displaying posters depicting them and installing signs in high-risk areas of the school Establishing the parking area as a no-idling zone 	<ul style="list-style-type: none"> Training peer mediators who are accessible inside and outside the school Communicating safety messages at school assemblies and over the PA system Establishing a consistent set of safety procedures and resources 	<ul style="list-style-type: none"> Providing information on a range of safe practices for the home, school, and community on the school website Establishing a school committee to identify key safety messages and community partners who can provide support in specific safety areas Providing students with the resources to work with parents and other family members to develop and implement a fire safety plan for their home
Substance Use and Abuse	<ul style="list-style-type: none"> Developing consistent messages for implementing a school-wide substance use and abuse program Presenting age-appropriate information on the effects of drug use at an assembly for a specific grade Providing in-service training for teachers and administrators on signs of drug use and appropriate responses 	<ul style="list-style-type: none"> Establishing an action plan/protocol to monitor school areas for signs of drug use Using resources and learning materials that depict healthy choices. Putting up posters in the school to promote the advantages of substance-free living. 	<ul style="list-style-type: none"> Identifying resources available for students to enable them to seek help for themselves and others Empower students to organize and run a smoking cessation program at the school Implementing discipline strategies that provide support for students with addictive behaviours 	<ul style="list-style-type: none"> Developing and enforcing a school drug policy in collaboration with public health personnel and other community partners Providing an opportunity for students to spend a day at a regional centre for a presentation on substance use and abuse Offering a parents' night in collaboration with the police to address issues concerning substance use
Healthy Growth and Development	<ul style="list-style-type: none"> Participating in a school board project on the implementation of resources on healthy growth and development Developing a committee to discuss effective teaching methods for encouraging healthy growth and development Inviting public health nurses to help teach lessons on healthy growth and development 	<ul style="list-style-type: none"> Developing guidelines to ensure that materials used and presented in the school are representative of the diverse makeup of the school Providing students with a safe area where they can discuss concerns with a trusted staff member Designing change room facilities, with student input, that take into account dignity and self-esteem 	<ul style="list-style-type: none"> Organizing a parent evening to discuss topics related to healthy growth and development and their connection with the curriculum Reviewing school guidelines related to growth and development to ensure that they are current and that they meet the diverse needs of the students Communicating information on healthy growth and development to students and parents about available programs and support 	<ul style="list-style-type: none"> Working cooperatively with community partners to provide adequate services regarding child welfare Providing information to parents about the services in the community that are available to support personal learning Providing information to parents about the topics covered in the curriculum prior to the teaching of the unit
Mental Health	<ul style="list-style-type: none"> Identifying areas of the curriculum where mental health can be taught throughout the year Providing staff in-service training on recognizing signs and symptoms and using appropriate intervention strategies when dealing with issues about mental health Providing programming that does not stigmatize mental disorders and that promotes positive healthy behaviours 	<ul style="list-style-type: none"> Establishing an area in the school for students to participate in physical activity and clubs, especially during the winter months Developing a resource section in the library for teachers/parents with a range of books and materials about mental health Establishing a school-based health centre 	<ul style="list-style-type: none"> Providing students with information and training on mental health and with an opportunity to plan and organize a committee to address mental health issues in the school Sending out a student and/or parent survey to establish the areas of mental health that need to be focused on in the school Establishing a protocol to ensure that mental health resources used are consistent with the messages of the school and board 	<ul style="list-style-type: none"> Establishing a school council committee to discuss and coordinate mental health initiatives in the school and community Providing information from community partners in the school newsletter for parents Providing access to researchers to examine mental health issues and support available in the school
Other	<ul style="list-style-type: none"> Identifying areas of the curriculum that are related to healthy living topics, and introducing health concepts in all areas of the curriculum Providing a summative assessment task for students that focuses on their ability to make healthy choices in health related scenarios 	<ul style="list-style-type: none"> Establishing an information bulletin board in the school to promote monthly health themes, upcoming school events, and community programs 	<ul style="list-style-type: none"> Establishing a student club made up of representatives from each grade to provide input and suggestions on health-related topics in the school Training Student Success teams to address issues related to wellness and health 	<ul style="list-style-type: none"> Establishing a healthy schools committee made up of the principal, teachers, students, parents, and community partners Hosting an annual wellness fair with student presentations on health-related topics and with booths and presentations from community partners